

The Emotions Thermometer

Sometimes people feel that different emotions have different temperatures. If are nervous about something you may seem warm. If someone teases you, you may feel like you are steaming hot or boiling over.

Some emotions may make you feel cool or even frigid. If you are bored, you might feel cool. If you just want to be left alone, you might feel frigid like an ice cube.

Write in different things that raise or lower your emotional temperature below.

